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NEWS WORTH SHARING.

## When the voices in your head talk sales

Ad agency testing tech that beams ads into rail commuters' inner ears PAGE 7

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Metro reporter parks herself in boiling car for 40 minutes to see how it feels PAGE 4

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Grilled, glazed tofu and falafels will leave leaf munchers happy PAGE 12

## SHOTS! SHOTS! OK ... TODAY WE'RE GONNA TALK ABOUT ...

HOW DRUNK HISTORY WENT FROM A COMEDY BIT TO AN ONLINE AND TELEVISION HIT (AT LEAST THAT'S HOW WE REMEMBER IT)
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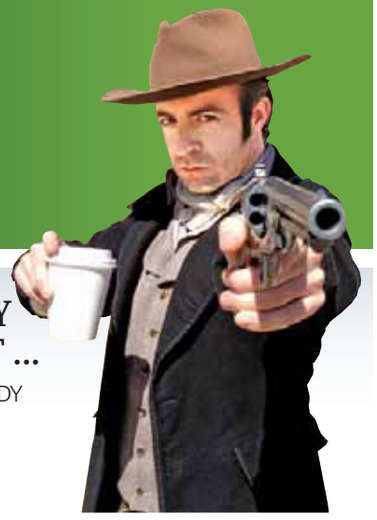

# Gangsters admit to plotting deaths of Bacon brothers

**Court.** Hundreds of thousands of reward dollars offered in murder conspiracy, documents say

Two dozen people plotted to murder Jonathan, Jarrod and Jamie Bacon and their Red Scorpions gang associates over the course of 14 months that saw gang violence escalate across Metro Vancouver, court documents revealed Monday.

The conspiracy was fuelled by a cash reward that reached hundreds of thousands of dollars and took place during the lethal gang war over drugs and criminal supremacy in 2008 and 2009.

Barzan Tilli-Choli, Yong Lee, Dilun Heng, Ion Croitoru and Karwan Saed of the United Nations gang pleaded guilty in B.C. Supreme Court on Monday to conspiring to kill the Bacon brothers and their associates — a development deemed a victory by the Integrated Homicide Investigation Team.

"It is vital to remove the illusion of invincibility these individuals use to intimidate others and expand their violence and illegal operations," says Supt. Kevin Hackett in a written statement.

"These charges bring well-known gang members before the courts to face justice and send a vital message to all criminals and perspective gang members that they will be held accountable for their actions."

According to an agreed statement of facts filed in the court, the murder conspiracy began in January 2008, after UN gang leader Clayton Rouche was shot at by one of the Bacon brothers' associates.

Rouche then put out a reward for the murder of each of the Bacon brothers, as well as for three of their associates. The sum for the murder of Jamie Bacon, the youngest of the Bacon brothers, went as high as $300,000 at one point.

There were multiple attempts to co-ordinate and carry out the murders, some of which were tracked by the police through listening and tracking devices.

Jamie Bacon is facing trial for conspiracy to commit murder in relation to the "Surrey six" homicides in October 2007, a separate case that resulted in the deaths of six people, including two innocent bystanders.

Jarrod Bacon is serving a 12-year sentence on drug trafficking charges, while Jonathan Bacon was fatally shot in Kelowna in 2011. THE CANADIAN PRESS

## SPRINGER BOUNCES BACK

**Springer, an orca rescued near Seattle more than a decade ago, is seen swimming with her first calf last week near Bella Bella on B.C.'s mid-coast. One of the West Coast's most famous orcas, Springer was captured in Puget Sound after her mother died. She was transported to the northern end of Vancouver Island and reunited with her pod. Story, page 3.** CETACEAN RESEARCH PROGRAM/DFO

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NEWS

## Urban density. Tower debate moves to transit hub

The city put the brakes on plans to build towers as high as 36 storeys around the Commercial-Broadway SkyTrain station after the neighbourhood collectively cried, "How high?!"

Residents balked at the proposed heights, which they were surprised to see after a lengthy consultation that didn't mention tall towers when the city released the first draft of its Grandview-Woodland community plan in June.

"The strength of the concern that we heard from the community has prompted us to take another look at this area," said Matt Shillito, Vancouver's assistant director of community planning. "We recognized the depth and the strength of the anxiety the proposals caused."

The city held a public workshop on Saturday during which about 90 residents discussed alternatives to achieve density, including mid-rise buildings from six to 12 storeys.

The maximum height some were able to stomach at the workshop was 22 storeys, he said, though it's too soon to say where the city will place the limit. Shillito won't rule out towers altogether.

The neighbourhood's proximity to one of the region's busiest SkyTrain stations makes it a strong candidate for higher density under the city's strategy to concentrate population near transit hubs.

EMILY JACKSON/METRO

Condo-construction permits in Greater Vancouver are down substantially this May compared to last. JEFF HODSON/METRO

# Housing starts drop in Greater Vancouver

**Real estate.** But overall, they're still on the rise in the big city

KATE WEBB
kate.webb@metronews.ca

Building permits in Greater Vancouver dropped 29.1 per cent in May of this year compared to last, while they rose in most of the rest of the country.

A report released Monday by Statistics Canada says slower condo starts are to blame for the lag. This May saw $556 million in permits granted, down from $784 million in May 2012.

But the sharp decline doesn't look so bad considering that, in 2012, Lower Mainland developers obtained a near-historic high of $4.6 billion in residential construction permits, and annual housing permit revenues have nearly doubled in the past 20 years.

Coun. Raymond Louie, who chairs the City of Vancouver's finance committee, said Vancouver proper appears to be bucking the trend, and permit revenues in the big city are as strong as ever.

"We are on pace for 2012, in fact exceeding that, to a degree," he said, citing a 19 per cent hike in Vancouver permit values to $208 million in May 2013, up from $175 million in May 2012.

Nationwide, building permits were up 3.4 per cent this May compared to last May for a total of $7.3 billion, and up 4.5 per cent for the year to date.

A spokesman for the Greater Vancouver Home Builders' Association could not be reached for comment before Metro's deadline.

Victoria also saw a 64.4 per cent drop in permits this May over last, from $78 million in May 2012 to $28 million in May 2013, which Statistics Canada attributed to slower construction on institutional buildings.

The stagnation affected every real-estate sector in B.C. except for industrial buildings, contributing to an overall provincewide decline of 24.1 per cent in permit values this May.

## OneCard gives near universal access to pools, fitness centres

Membership at a community association is no longer required to use most of the city's pools, rinks and fitness centres.

Six of the 22 community-centre associations are not accepting the OneCard, which launched on Monday and can be loaded with a 10-visit pass, a Flexipass or a leisure-access pass for those who qualify for a subsidy.

The six non-participants fear they will lose membership revenue and programs.

But the park board insists there will be no impact on programming, Comm. Niki Sharma said in an email. The OneCard simply opens access to centres instead of their being treated like "members-only private clubs."

The park board promises to compensate associations for any financial losses from the interim program, which it ratified with 12 centres. Sharma has agreed to meet with the six associations to discuss the program. EMILY JACKSON/METRO

## Complaint filed against Port Moody police

Port Moody police are facing allegations of excessive force after a video depicting a man being taken down by an officer was posted on Facebook.

The short video allegedly shows a man in custody being thrown, possibly after a punch, to the ground and held down by the neck during an incident early Saturday morning outside the Golden Spike bar in Port Moody.

Police spokesperson Const. Luke van Winkel said police were responding to calls after a man and woman had been ejected from the bar for allegedly threatening to fight bar staff and security.

A still from the video showing the alleged incident. SCREENGRAB

"A 30-year-old Coquitlam man was placed under arrest. The male was being unco-operative," van Winkel said.

Both the man and a 23-year-old Coquitlam woman were taken to jail overnight and released when they sobered up, police say. Neither will be facing charges. Van Winkel said the man suffered no apparent injuries.

According to the Facebook comments posted under the video, however, the suspect claims to have suffered a concussion and neck injuries during the takedown.

An official complaint against police has been filed.

MATT KIELTYKA/METRO

# Orphaned orca now a mom

**Springer.** Whale's success validates rehab work, scientist says

Eleven years after an orphaned killer whale was reunited in dramatic fashion with her pod off Vancouver Island's northern coast, Springer has had a calf — proving rehabilitation work with whales can pay off, says a Fisheries and Oceans scientist.

Springer, also known as A73, and the calf were spotted off B.C.'s North Coast July 4, while Department of Fisheries researchers were completing an annual photo-identification study of northern resident killer whales, said John Ford, head of the cetacean research program at the Pacific Biological Station in Nanaimo.

Mother and calf appear to be robust and in good health, though researchers don't yet know the specific age or gender of the younger animal, and there can be a significant mortality rate for calves in their first year, he said.

"I think this clearly is another sign that such rehabilitation is possible," he said.

**Quoted**

**"Having her first calf pretty much right on schedule at 13 years old is a great sign that she's a normal, functioning member of the community again."**

John Ford, cetacean research program

Ford said Springer is the first killer whale he is aware of that was captured in a debilitated state, brought back to health, released and successfully reunited with a pod.

The orca caught the public's attention in January 2002 when she was spotted in the waters of Puget Sound, near Seattle. Her mother had died and the orphan had become separated from her pod.

In poor health and unlikely to survive alone, Springer was monitored, captured and then held in a huge ocean net pen for about a month in June 2002, while officials worked out a plan to reunite the orca with her pod. THE CANADIAN PRESS

Springer swimming with a calf near Bella Bella. CETACEAN RESEARCH PROGRAM/DFO

# Putting the words right in Superman's mouth

UBC's Christine Schreyer brought the Kryptonian language to life in Man of Steel. CONTRIBUTED

Christine Schreyer lets her work do the talking when it comes to Hollywood.

For the UBC Okanagan assistant professor, that job doesn't get any bigger than being the first person to develop the language of Superman's home world in this summer's Man of Steel.

Although the most famous Kryptonian on Earth is celebrating his 75th year since leaping into popular culture, it wasn't until Man of Steel that anyone had fleshed out an entire language for Kal-El.

"Superman has been around for a long, long time. There's been a Kryptonian alphabet, but it was translatable to English," said Schreyer, already renowned for her study of Avatar's Na'vi language. "I looked at all the names, character, ships and places (in Superman fiction) to figure out the basic sounds of the language, and came up with the new symbols and letters that go together."

By the end of the project, Schreyer had developed a 300-word Kryptonian language and about 20 pages of grammar and structure rules for the new language used in the film.

Cree was a big inspiration for Schreyer.

For example, the First Nations word for hello — tansi — also happens to be the Kryptonian word for hello when spelled backwards.

"There's a lot of fun Easter eggs there for people who like language," said Schreyer.

She's currently negotiating with Warner Bros. to have a guide to the Kryptonian language published, which would let Man of Steel fans go through the movie again, taking time to read all the Kryptonian scriptures on the walls and delving deeper into Superman's world.

MATT KIELTYKA/METRO

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# When you can't take the heat

As temperatures soared across the country in recent weeks, heartbreaking stories emerged of children dying and dozens of dogs being rescued after being left unattended in parked cars. Metro reporter **Ruth Davenport** got a sense of how it feels to be in a hot car when she spent 40 minutes in a parked vehicle on a day when the humidex pushed the temperature to a muggy 37 C.

**At 10 minutes ...**

This isn't so bad. I feel like I'm wearing a heavy sweater in a sauna, but I'm not thirsty, short of breath or in distress. Despite having the window cracked, the dollar-store thermometer has climbed to 49 C.

**At 15 minutes ...**

I'm sweating profusely now, taking a lot of deep breaths and yawning consistently.

"Your body is responding to the heat by changing its cardiovascular reserve," says Halifax physician Dr. John Gillis. "As you start to get dehydrated, your heart rate goes up.... Your body is trying to make sure oxygen is replaced, hence the deeper breaths."

**At 20 minutes ...**

I'm uncomfortably hot and unpleasantly soggy. The imaginary sweater has gotten tight and I'm feeling pressure over my nose and mouth. The thermometer needle has climbed past the maximum temperature of 49 C.

**At 25 minutes ...**

The heat is getting intolerable, and I'm dizzy and drowsy — enough to want to close my eyes and go to sleep.

"Confusion goes along with it," Gillis says. "It's a continuum from feeling groggy to being profoundly confused as your body starts to react in different ways."

Metro reporter Ruth Davenport bakes inside a car during a Halifax heat wave. JEFF HARPER/METRO IN HALIFAX

**At 30 minutes ...**

My heart is thumping faster and harder than normal, I'm starting to puff a little, and I just feel too hot. My face in particular is burning as though I'm bending over a hot stove, but I can't pull away. I'm in distress — a child would be in danger.

"They have less moisture on board, they have less ability to regulate their surface area in terms of their ability to sweat," Gillis says. "Everything's different, and their ability to cry for help — it's quite unfortunate."

**At 35 minutes ...**

I'm torn between staying another five minutes or escaping this rancid, sweltering, suffocating nightmare. A child or dog wouldn't get the choice, so I decide — with some genuine apprehension for my well-being — to stay. My head droops.

**At 40 minutes ...**

It's a relief to step out of the car into the baking parking lot. I'm sucking in deep breaths, and stagger a little on the way to the office. I drink water slowly and flatten ice packs on my face and neck. I feel sluggish, drained, even a little hungover, and it takes almost another 40 minutes for me to feel normal again. The experiment has been unpleasantly informative, and not one I'd care to repeat.

"There's a real continuum, from heat exhaustion all the way to heat stroke," Gillis says. "Inside a closed space where there's no ventilation and you have sun beating down ... it can be quite dangerous."

**By the numbers**

## 49 C

Temperature inside car: 49 C
Normal temp for human body: 37 C
Serious fever threshold: 40.5 C

**Quoted**

**"With the temperature in the car at 120 F (49 C), the body is still going to regulate itself to a point by sweating and using whatever mechanisms it has available to keep temperatures down, but eventually those stop."**

Physician Dr. John Gillis

**Think again, drivers**

**Though some online commenters say they'll leave their pets in the car with the engine running and the air conditioning on, a Halifax vet says that's not a great plan.**

- "What if, for some reason, the car stalls or there's a carbon-monoxide buildup?" Dr. Hugh Chisholm asks. "If you're not there to monitor, those are things that can be deadly, as well."

# Parked vehicle a death sentence for furry friends, vet warns

A Halifax veterinarian says it can take less than half an hour for a dog to suffer mortal damage if it's left inside a car on a hot day.

"It's a heck of a horrible way to die.... Everything is stacked against the poor dog," Dr. Hugh Chisholm says.

Dozens of dogs across the country have already been rescued from parked cars this summer, victims of owner ignorance or separation anxiety.

**No place like home**

**Dr. Hugh Chisholm says even if a dog doesn't like being left at home, it's far better off there than in the stifling confines of a car.**

- "You can leave a window open or leave an electric fan on ... you can leave water for them," he says. "Trust me, they're way better off at home."

Chisholm says dogs can dissipate heat only through their tongue or foot pads, a small surface area to begin with.

There's no air movement in a car — even with the windows cracked — and without access to water, the dog won't be able to regulate its internal core temperature and will literally cook from the inside out.

"Even if you get them out and cool them down, it doesn't mean that you've saved those internal organs that have suffered irreversible damage," he says.

RUTH DAVENPORT/METRO IN HALIFAX

Two dogs look out of a vehicle parked with its window only slightly down. The picture is a photo illustration, and both dogs were out of the vehicle within a minute. JEFF HARPER/METRO IN HALIFAX

# Heavy rains drench Toronto area

**City streets flooded.** Severe thunderstorms cause blackouts, havoc on roads around T.O.

Record-smashing rains knocked out power for hundreds of thousands of residents across the Greater Toronto Area, including the majority of Mississauga, and so badly flooded some roads and major highways that drivers abandoned their waterlogged vehicles.

Mississauga, a city of more than 700,000, saw some of the worst of the blackouts with 80 per cent of the community plunged into the dark, according to power distributor Enersource. By around 10 p.m., only about 50,000 were without power.

Environment Canada said some parts of the GTA had been drenched with more than 100 millimetres of rain, trouncing the previous one-day rainfall record of 29.2 mm in 2008 for Toronto and even beating the 74.4 mm monthly average for July.

Water from flash flooding poured out of sewer drains while Toronto's downtown core was dotted with abandoned vehicles, some sitting in water up to their windows. One woman, sporting a T-shirt and shorts, dove head-first through the window of her marooned car before wading away in the thigh-deep currents.

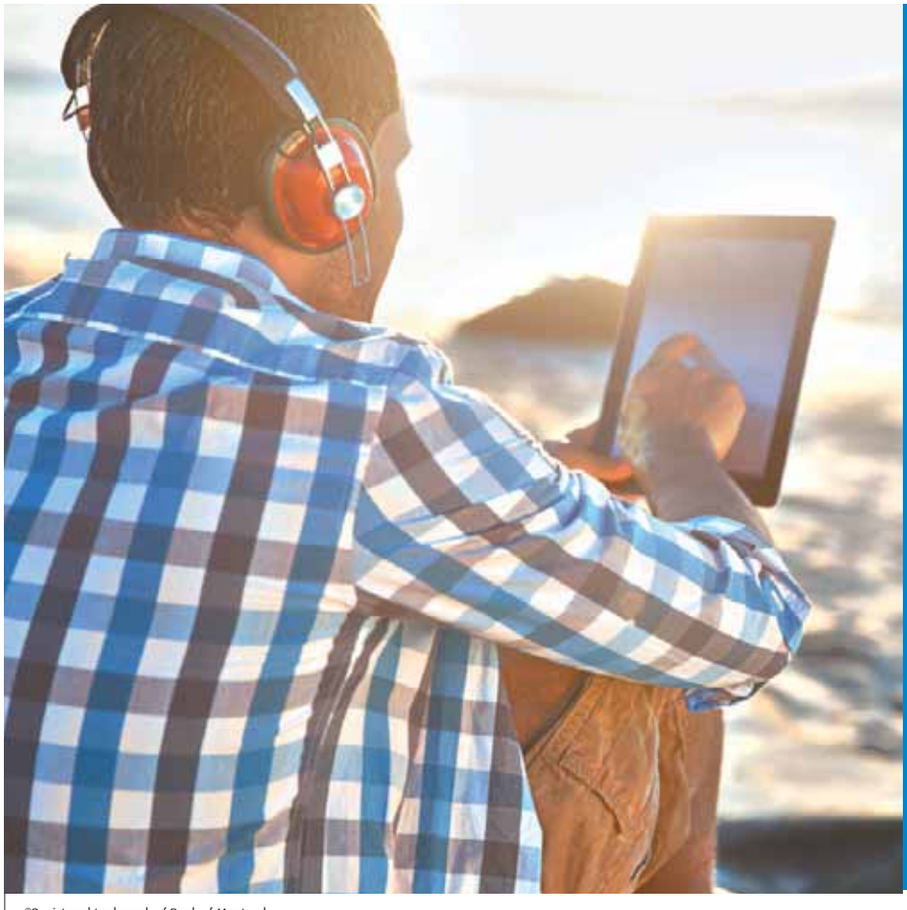
Drivers were not the only ones dealing with problems getting around after the severe thunderstorm system hit about 5 p.m. All of Toronto's subway service was temporarily halted due to power and signal issues. Some stations were also flooded. THE CANADIAN PRESS

**Flights cancelled**

**Air travellers were also affected.**

- Porter Airlines tweeted at about 7 p.m. that it had cancelled all flights out of the city's downtown airport due to power outages in the terminal.
- Flooding even claimed Pearson airport's website offline, as its computer server room got soaked.

A woman dove head-first through the window of her marooned car before wading away in the thigh-deep water in Toronto on Monday. FRANK GUNN/THE CANADIAN PRESS



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# Toews leaves politics

A federal cabinet minister who suggested his opponents were allies of child pornographers and saw details of his sordid divorce on social media while he argued for increased Internet surveillance is leaving politics.

Public Safety Minister Vic Toews announced Monday, in the leadup to an anticipated cabinet shuffle, that he was resigning as MP for the Manitoba riding of Provencher.

"I am leaving public life in order to focus on my family and to pursue opportunities in the private sector," Toews said in a news release.

Toews, 60, was first elected to the House of Commons in 2000. In the last federal election he won his seat with just over 70 per cent of the vote.

"One of the commitments I made to my spouse by the time my young son goes to school, I will have left politics. He is entering Grade 1 this year," he told radio station CHSM in Steinbach, Man.

He said he leaves public office "at a time when I believe our country is more sensitive to the needs of victims, more fiscally sound and safer for citizens." THE CANADIAN PRESS

**Buckingham Playschool**

## Royal baby will have a cousin to play with

Buckingham Palace says Queen Elizabeth II's granddaughter Zara Phillips — the 14th in line to the British throne — and rugby star Mike Tindall are expecting a child. THE ASSOCIATED PRESS

**A true prince(ss)**

## Can Your Royal Highness say "da-da"?

The world may not yet know if Kate Middleton and Prince William are having a boy or a girl, but we at least know what the tyke's official title will be.

The newest member of the royal family, due this month, will be crowned His or Her Royal Highness the Prince or Princess of Cambridge, according to the Daily Mail.

William and Kate are the Duke and Duchess of Cambridge. Paul Sandars, the mayor of Cambridge, couldn't be happier. "Anything which helps to keep Cambridge in the public eye is a good thing as we rely on tourism." METRO WORLD NEWS

## Asiana crash. Coroner to verify findings on whether girl was killed by fire truck

A coroner said Monday he would not report for "at least two or three weeks" whether one of the two Chinese girls who died in the Asiana Airlines plane crash in San Francisco was struck and killed by an emergency vehicle.

San Mateo County Coroner Robert Foucrault said that while autopsies of the two teens have been completed, he wants to review information from the public safety agencies that responded to Saturday's crash and audio dispatch files before determining their causes of death.

"This is a very high-profile case and has obviously generated a lot of attention," Foucrault said. "I want to make absolutely sure my conclusions are correct."

San Francisco fire officials acknowledged that one of their trucks may have struck one of the two girls, who were the only fatalities.

The two victims, Ye Mengyuan, left, and Wang Linjia, right, in an undated photo. THE ASSOCIATED PRESS

Federal accident investigators have reviewed airport surveillance footage to see if it showed someone being struck by a fire truck on the runway and found "it wasn't conclusive," National Transportation Safety Board chairwoman Deborah Hersman said. THE ASSOCIATED PRESS

## Egypt. Brotherhood calls for all-out rebellion after protest ends in 54 deaths

Egyptian soldiers and police clashed with Islamists protesting the military coup in bloodshed that left at least 51 protesters and three members of the security forces dead, officials and witnesses said.

The deaths plunged the country deeper into crisis, with calls by the Muslim Brotherhood's political party for all-out rebellion against the army.

The carnage outside the Republican Guard building in Cairo marked the single biggest death toll since massive protests forced President Mohammed Morsi's government from power.

Even before all the bodies were counted, there were conflicting accounts on how the violence began. The pro-Morsi protesters said the troops attacked without provocation just after their dawn prayers. The military said it came under a heavy assault, first by gunmen who killed an army officer and two policemen.

Witnesses from outside the protest camp said troops appeared to be moving to clear the days-old sit-in and were firing tear gas when gunfire erupted. More than 400 were wounded in the mayhem, officials said. THE ASSOCIATED PRESS

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# Players point fingers while town carries on

**Lac-Mégantic disaster.** Rail company and the fire service of a nearby town blame each other

Raymond Lafontaine, who lost a son and two daughters-in-law, hugs Maud Verrault, who worked at the Music-Cafe Bar and lost friends and colleagues, at the Lac-Mégantic refugee centre on Monday. RYAN REMIORZ/THE CANADIAN PRESS

The finger-pointing has begun in Quebec while investigators search for causes of a devastating train derailment that has triggered a still-rising death toll.

Statements from various players pointed Monday to a possible dispute about what happened and who's to blame.

The main antagonists are a rail company and the municipal fire department in a town near the ruined Lac-Mégantic.

The fire chief in Nantes, Que., said he can't believe a train was left running and unattended in the hours before the disaster, when it had already just been in flames.

Patrick Lambert said his team had been trained by the Montreal, Maine & Atlantic railway to handle fires on its line — and that it had fought four fires on the company's trains in the last eight years.

Firefighters intervened late Friday to put out the blaze in Nantes, about 10 kilometres up a slope from Lac-Mégantic.

Hours later, that same train rolled down into Lac-Mégantic, derailed and exploded, killing at least 13 people and leaving nearly 40 more missing.

Lambert said the engine was shut off as per standard procedure and the blaze was extinguished in under an hour.

"The people from MMA told us, 'That's great — the train is secure,'" Lambert told reporters. "We were given our leave."

The rail company tells the story differently.

Edward Burkhardt, the president and CEO of parent company Rail World Inc., suggested Monday that the fire crew didn't do enough — and that the decision to shut off the engine to put out the fire may have disabled the brakes.

"As the air pressure deflates, (the brakes) will become ineffective and an hour or so after the locomotive was shut down, the train rolled away," Burkhardt told the CBC on Monday.

While the fire service said it left the train in the care of a track-maintenance employee, Burkhardt said it's possible that person might not have known how to secure the breaks.

"When they get a call about a locomotive having a fire, why did they not rouse the engineer (from bed) and take them out there with them?" he asked. THE CANADIAN PRESS

**New reality in Lac-Mégantic**

**The town of Lac-Mégantic began its work week in anything but working order.**

- **Ruin.** Dozens of businesses and homes were destroyed. A grocery store, a dollar store and a popular bar are gone. So is the municipal library. Other areas are off-limits.
- **Death.** The coroner's office asked relatives of people missing to provide DNA — like on a toothbrush — to help identify victims.
- **Sympathy.** From England, the Queen offered her condolences Monday for what she described as a shocking loss of life.

## Effect on pipeline-vs.-rail debate

The deadly explosion highlights the risks that come from transporting oil, no matter the method.

Spills from rail cars occur more frequently than from pipelines, but tend to be smaller. And pipelines can be built to avoid population centres and fragile ecosystems, while trains travel routes where such concerns often were not weighed.

The Quebec disaster underscores a trend in which North America's oil is increasingly transported by train, as plans for new pipelines stall.

Since 2009, the number of train cars carrying crude oil hauled by major railroads has jumped nearly 20-fold.

Prime Minister Stephen Harper, who has been pushing the U.S. administration to approve the Keystone XL pipeline, has called railroad transit "far more environmentally challenging."

Fadel Gheit, an energy analyst at Oppenheimer & Co. Inc., said it would be a mistake to view the disaster as a boost for the Keystone project — and that Harper will need to persuade the Obama administration on the project's merits, rather than the dangers of rail. THE ASSOCIATED PRESS

Crews search through the rubble on Monday. RYAN REMIORZ/THE CANADIAN PRESS

# Marketers beam ads into commuters' heads

An ad agency in Germany is testing out audio commercials that play when a rail passenger's head touches a train window. ISTOCK

**Germany.** When a sleepy passenger leans his head against a window, an ad with bone-conducting technology is triggered

KIERON MONKS
Metro World News

The European marketing world has a new trick that may prove difficult for people to escape — especially those who happen to nod off while on a train.

Ad agency BBDO Germany has been testing a system that transmits a message from the windows of trains. Using so-called bone-conducting technology, the ad is activated when a commuter's head touches the glass and enters their inner ear, playing only for them.

"Passengers were pleasantly surprised," a spokesperson told Metro, following trials on public transport in North Germany with an ad for Sky Media. "It can also be used for entertainment, weather updates and so on."

Similar bone-conducting technology is used in the forthcoming Google Glass device, and the model could become common if successful.

Reaction to the innovation has been mixed, with technology author Cory Doctorow describing it as "nightmarish," while some online comments promise to smash the glass.

**Quoted**

**"It's at the trial phase and the public reaction will decide if this takes off."**

Ian Barber of the Advertising Association

**Mortgage rules**

## 19% of first-time homebuyers have delayed purchase

A new Bank of Montreal study suggests roughly one in five potential first-time homebuyers have postponed their purchase since Ottawa tightened Canada's mortgage rules last year.

Finance Minister Jim Flaherty introduced his new lending rule a year ago Tuesday. Since then, 19 per cent of those polled by BMO say they have decided to wait longer to buy their first home. THE CANADIAN PRESS

**StatsCan report**

## Strong housing data helps to bolster loonie

The Canadian dollar closed higher Monday amid data showing surprising strength in the Canadian housing sector in May and a survey showing that Canadian companies remain cautious on investment and hiring. Statistics Canada reported that building permits worth $7.3 billion were issued in May, up 4.5 per cent from April. Economists had expected a drop in the neighbourhood of 10 per cent. THE CANADIAN PRESS

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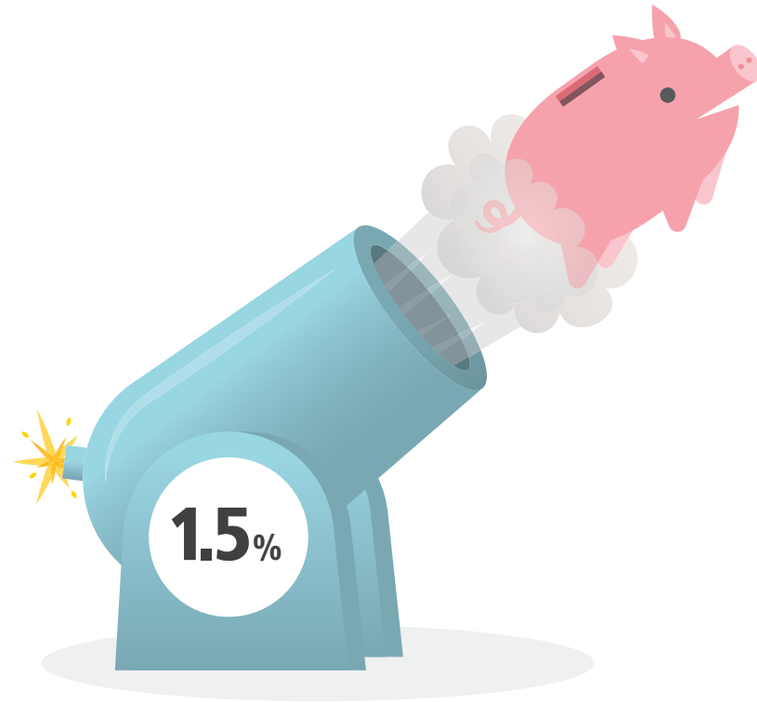


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# NARCISSISM? AT THE GYM? OBVI

SHE SAYS

**Jessica Napier**
metronews.ca

At 27 years old, I'm finally at a place in my life when I spend more time in sneakers than high heels. Weekends that were once spent partying are now devoted to working off the pounds I put on in my early 20s.

Every Saturday morning I haul myself out of bed to attend a ballet barre fitness class at a studio by my apartment. The hour-long class is filled with impossibly beautiful women, many of whom are trained dancers. I have all the grace of a rhinoceros in comparison to these elegant and toned swans but I figure as long as I keep showing up it's got to count for something.

The instructor, a sculpted goddess who always looks as if she just finished a photo shoot for Shape magazine, insists that everyone watch themselves in the mirrors to ensure proper form and see how our bodies look as we go through the movements.

I have a hard time with this as I've always hated the idea of working out in front of any sort of reflective surface. I associated mirror-gazing with iron-pumping body builders and women who put on a full face of makeup and curl their eyelashes before heading off to their morning pilates class.

But the more I work out, the more I've come to realize that there's something to be said for a little bit of narcissism at the gym. Sure it's vain to admire your body while curling your biceps but hey, isn't the gym the most reasonable place to exercise a bit of vanity?

If you're spending a few hours a week working out, it's not entirely unreasonable to try and look good while doing it. For me, a big part of this means investing in a good workout wardrobe. I want my clothes to be high performing; but I also want them to look reasonably stylish. I know that most exercise routines could be completed in well-worn sweats; but throwing on an oversized T-shirt just doesn't motivate me to sweat it out nearly as much as a colourful, racer-back tank top.

I've caught some flak for my substantial collection of pastel Nike Frees and $90 yoga pants — you'd think I signed a sponsorship agreement with my local Lululemon — but it's petty to criticize people for incorporating a little fashion into their fitness routine. I'd rather someone judge me on the number of push-ups I can do in a row, not because you think my outfit is trying too hard.

If you head to the gym on a regular basis to get in shape, gain strength and sculpt your body, then it's not so objectionable to dress up a little and check yourself out every once in a while.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

# Pride and fibreglass

DAVID PARRY/PA/THE ASSOCIATED PRESS

## Firth immortalized as Mr. Darcy from Pride and Prejudice

It's Colin Firth, but not as we know him. He's 3.7 metres tall and made of fibreglass.

A statue of brooding Mr. Darcy, the character played by Firth in Pride and Prejudice, was installed Monday in London's Serpentine lake.

The figure shows Darcy emerging from the water in a soaked shirt, recreating a scene from the 1995 television adaptation of Jane Austen's novel. The scene helped turn Firth into a sex symbol and is regularly voted among Britain's most memorable TV moments.

One of the sculptors, Toby Crowther, said the work took the lake scene as a starting point but also drew on other depictions of Austen's romantic hero.

The statue, which shows Darcy from the waist up, was placed amid the swans and swimmers in the Hyde Park lake to promote Drama, a new TV channel dedicated to British programs.

It is scheduled to go on display at several locations before being installed in a lake in Lyme Park, northwest England, where the scene was filmed. It will remain there until February.

THE ASSOCIATED PRESS

**Viewers have their say**

**"We did a survey of 2,000 TV viewers and the most iconic moment was Mr. Darcy's emergence from the lake and his meeting with Miss Bennett."**

Adrian Wills, general manager of UKTV channel Drama, told U.K. newspaper the Guardian.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

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**Booking.com:**
Though the site does much the same as many of the other travel sites, booking.com also offers secret deals — kind of hybrid between traditional booking sites and Hotwire-type sites. It also alerts you when a room is the last available room in a hotel (which could just be a ploy to make you stop humming and hawing and book already).

Twitter

**@metropicks asked: Would you smash a stranger's car window to save a dog? How about a child?**

**@mackaylc:** What is the alternative, watching them die? I would definitely smash a window to rescue a child or animal in distress.

**@canuckitude:** The cost for the stranger to replace a window is nothing compared to the loss of a life. Child or Pet.

**@MicheleCrystal_:** my dad did for a dog when I was little! Still remember it and I def would if I saw one today

**@koolkirbs:** You can always buy a new window, but the life of a child cannot be replaced.

**@howwon:** Yes and I would stick around to snap a photo and shame them on the social media network.

**Follow @metropicks and take part in our daily poll.**

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metro

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DVD reviews

## Dead Man Down

**Director.** Niels Arden Oplev

**Stars.** Colin Farrell, Noomi Rapace, Terrence Howard

The cautionary adage about weaving tangled webs in the process of deception certainly applies to this overwrought thriller, which topples from the weight of its own contrivances. This U.S. debut by Denmark's Niels Arden Oplev, who directed the original version of The Girl With the Dragon Tattoo, sets up a promising scenario of rival revenge seekers, played by Colin Farrell and Noomi Rapace. The premise gets knotted up through a tangle of Dragon Tattoo-style symbols, a surfeit of characters and subplots and a script by J.H. Wyman (The Mexican) that inspires snickers and eye rolls. All bets are off when the film resolves itself with the big, dumb explosive showdown that American films are noted for.

PETER HOWELL

## The Gatekeepers

**Director.** Dror Moreh

A monolith crumbles in The Gatekeepers, and the sight inspires awe. Israeli documentarian Dror Moreh takes us inside the Shin Bet, his country's internal security and anti-terrorism service. He shines a spotlight not just on this shadowy operation — its motto is The Unseen Shield — but also on the conflicted intentions and mixed emotions of the men who run it.

PETER HOWELL

Derek Waters admits he's a 'snob' and said he was hesitant to put the Drunk History videos online. But he's glad he did. RICARDO TIRADO

# Lots of drinking mixed with a little thinking

**Drunk History.** What started as a small bit for a comedy act is now an Internet phenom and show on The Comedy Network

NOLAN GAWRON
Metro World News in New York

Drunk History began as a short film for Derek Waters' comedy act, and that's all it was supposed to be.

"Its only intent was to be for a live show I was doing," Waters reminisces. "It was my own show and I was trying to show videos. I figured it was better to make people laugh than to put it online."

But it grew into an Internet sensation picked up by Funny or Die and now, seven years later, Waters and co-creator/director Jeremy Konner are bringing their Drunk History to The Comedy Network. Waters says his initial reluctance to even put the videos online came from how people used to view Internet comedy.

"It was right when the Internet was being judged by hits over comedy. I'm still a snob, but I was a bigger one back then," he says.

"Nothing really happened until we put it on the Internet and it got on the front page of YouTube and then Jack Black saw it and said, 'I always wanted to be Ben Franklin.' And that was that. You can't really turn down Jack Black. Why would you?"

Gathering comedic friends and notable fans, Waters and Konner film drunken narrators as they tell enthusiastic historic tales warped by inebriation, brought to life by celebrities with truly hilarious results. While it's hard to imagine that the participants are actually that drunk, Waters assures us that everything, even the vomiting, is the result of unscripted excess.

"It's 100 per cent real," says Waters.

"The narrators are completely drunk and the re-enactors are completely sober. We're trying as hard as we can to tell you about history. It just so happens that it's slightly altered."

But Konner says the narrators plan enough in advance that they at least try to get their stories straight. But that never happens.

"We absolutely allow the stories to take their course," he says.

"We go in with a plan and the plan goes out the window immediately. What's been funny and interesting in this process is that people know the story very well. They do the research — which they should — they brush up and read over their books. We think we know how the story is going to go, but no!"

**Drunk on star power**

Drunk history airs Tuesdays at 10 p.m. ET/PT on The Comedy Network.

# Kris Jenner. Getting a little help from her friends

Kris Jenner isn't going it alone on her new talk show: Joan Rivers and Sean "Diddy" Combs will be among the co-hosts sharing the stage with Jenner.

The show's producer said Monday that Jenner will be paired with a different co-host for each episode of the daytime show, titled Kris.

Others in the lineup include Kathie Lee Gifford, Morris Chestnut, NeNe Leakes, Tom Bergeron and Ryan Seacrest, who produces Keeping Up With the Kardashians, which features Jenner and other family members.

Khloe Kardashian-Odom, one of Jenner's daughters, also will be a Kris co-host.

THE ASSOCIATED PRESS

Kris Jenner. GETTY IMAGES

Threads

## Yeezus! Kanye's trying his hand at fashion again

Kanye West is true to his track Can't Tell Me Nothing as he silences his fashion critics with a design comeback.

"Yeezus," indeed. The rapper drops a new fashion line with French chic A.P.C.

@APC_FRANCE confirmed the new hook-up over Twitter, stating: "A.P.C. KANYE CAPSULE COLLECTION JULY 14."

It's West's first return to the fashion arena since last year, when his own-label womenswear collections were widely panned.

Kanye's collaboration with A.P.C. — known for its pared-down Parisian cool — will include jeans, hoodies and T-shirts. The clothing line also features a red "A.P.C. Kanye" tab.

METRO WORLD NEWS

SCENE

The Word

@DanielRadcliffe Dear Harry Potter, I'm Gabriel, from Brazil. Your tweet has 2 mistakes: "it has been" and "amazing".

@KimKardashian, you're beautiful. I'm Ana Beatriz from Brazil, I'm 8. Look, you wrote Were, but it's "we're". Kisses.

Hi, @justinbieber! My name is Maria, I'm 9 and I'm a fan from Brazil. Watch out: it's "we're here" not "we here". : )

# #Adorable: Brazilian kiddies kick celeb spelling butt on Twitter

JULIA FURLAN
Metro World News

The scourge of bad grammar on the Internet often begins with the people with the most visibility. From Rihanna to Miley Cyrus, misspelled words, slang and general grammar mistakes are more or less the norm — but one Brazilian English language school is seeking to change that.

The English school Red Balloon, which has schools all over Brazil, is encouraging its young students to reach out to their idols on Twitter, correcting their grammar and spelling. Tweets like "@danielradcliffe Hi Harry Potter, I'm Gabriel from Brazil. Your tweet has 2 mistakes in it: 'It has been' and 'amazing'" are often accompanied by photos of the kids looking as adorable as the entire endeavour is.

Whether anyone is actually going to pay attention to spelling and grammar on Twitter, of course, remains to be seen. Until then, the #celebgrammarcops are at it, though they have yet to get any celeb replies, and celebrities have yet to take the grammar lesson to heart. Clearly.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## Andy Dwyer, is that you? Pratt's new pack makes us thankful for Instagram

Chris Pratt, who plays lovable small-town slacker Andy on Parks and Recreation, seemed to be getting into method acting this year — Andy got tubbier and tubbier as the season wore on.

Turns out it wasn't because of April's awesome cooking: Pratt was bulking up for a role in Delivery Man. But his next role will be a superhero in Guardians of the Galaxy, which requires him to bulk up in a different way, and as his Instagram account proves, he's been changing his lifestyle accordingly (and very successfully).

"Six months no beer. #GOTG Kinda douchey to post this but my brother made me," the actor captioned the above proud selfie. Pratt's brother deserves the praise of a grateful nation.

Actor Chris Pratt shows off his surprisingly fit frame. CHRIS PRATT/ INSTAGRAM.

## Is Jen pasting on a false pre-nuptial face?

Justin Theroux and Jennifer Aniston GETTY IMAGES

Jennifer Aniston and Justin Theroux stepped out together for the first time in a month amid rumours that their engagement has hit an impasse, with wedding plans reportedly on hold, according to Us Weekly. The couple — who were engaged a year ago — looked chipper enough while they went out to do some shopping in Beverly Hills on Sunday, but sources say Aniston may be putting on a brave face. "She has been cranky from the stress" of wedding planning and home renovations, a source says. "Justin's never seen her like this."

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Canadians may revel in the splendours of summer — hot-weather clothing and open-toe footwear, trips to the lake or seaside, and the no-fuss joy of outdoor cooking on the grill. But those lazy days of summer also come with a slew of health hazards, from bug bites and burns to sore feet and serious injuries. Here are five of those summer stresses and how to avoid them.

THE CANADIAN PRESS

# 5 warm weather pitfalls

## Lawn mower mishaps

It seems like a simple idea — turn on the mower and cut the grass. But each year, thousands of North Americans are injured performing this gardening task, sometimes seriously. From 1990 to 2006, 1,161 Canadians went to hospital emergency departments with lawn mower-related injuries, with roughly half of them aged 14 and under, statistics gathered by the Canadian Hospitals Injury Reporting and Prevention Program show. With hot weather, there's also a tendency for people to dress inappropriately for the job they're doing — mowing barefoot or wearing open-toe sandals and skimpier clothes that leave skin bare and vulnerable to injury.

## Foot foibles

Ah, summer. Getting out of heavy winter boots and shoes and into open-toed and heeled footwear that makes tootsies feel cool and light. But wearing flip-flops or sandals can create unexpected problems. Thin soles can put the wearer at risk for cuts or punctures from walking over sharp objects like nails or broken glass. More often, such warm-weather apparel can lead to painful, achy feet, legs and back. Problems in the feet caused by unsupportive footwear like flip-flops can transfer up the leg, leading to biomechanical dysfunction — and pain — in the knees, hips and lower back. Spending hours sightseeing is best done with a supportive walking shoe — not a flimsy, flat- or low-heeled sandal.

## BBQ boo-boos

There are few things that say summer like throwing steaks or burgers on the barbie. Yet backyard grillers need to remember it's the food they want to sizzle, not themselves. Most serious burns occur either because the chef lit the outdoor grill incorrectly or used the wrong fuel, doctors say. Whether cooking up burgers, kebabs or hotdogs, the use of long-handled tongs to turn the food also will help prevent searing skin or clothing. For minor burns, hold the area under cool (not cold) running water for 10 or 15 minutes or until pain subsides or immerse in cool water or use cold compresses (not ice). Cover the burn with a sterile gauze bandage and take an over-the-counter pain reliever. For major burns, seek immediate emergency medical help.

## Scorching sunburn

Nasty sunburns are a common injury in the summer. With a first-degree sunburn, soothing creams such as those containing aloe vera can help, as can cold compresses. And the person should keep themselves well-hydrated with water or other non-alcoholic beverages. But with more severe burns that cause persistent redness, pain, blistering and peeling, seek medical attention. Extremely bad sunburns may need treatment with corticosteroid creams. Of course, prevention is preferable, as repeated sun exposure can give rise to serious skin diseases later in life. Keeping exposed skin slathered with a minimum of SPF-30 sunscreen is de rigueur during the summer months.

## Bug bites

While warm weather gets people outside, it also brings out the creepy-crawlies like spiders and ticks, as well as summer's curse on wings — blood-sucking mosquitoes — and potentially stinging bees and wasps. As with sunburn, prevention is the best medicine when it comes to insect bites. There are a number of steps to avoid mosquito chow downs, including staying indoors from dusk until dawn when the critters are most active. Keeping ankles covered with socks and wearing long-sleeved pants and shirts — especially in light-coloured fabrics — can help keep bugs at bay. Covering exposed skin with sprays or other topical products containing DEET can also discourage the little biters, as can getting rid of standing water around the home.

# Calling all herbivores! This grilled dish is just for you

**Grilled Tofu with Maple-Soy Glaze**

This recipe serves four. ROSE REISMAN

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Grilled tofu with a tasty Asian sauce is a great vegetarian substitute for protein.

Be sure to purchase the firm tofu so it doesn't break apart.

If the sauce gets too thick just reheat it gently or add a little more maple syrup.

**1.** Cut the tofu into six equal squares.

**2.** Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Sauté the tofu for 4 minutes per side or until lightly browned. Place on a serving dish and keep warm.

**3.** To make the glaze, combine the soy sauce, maple syrup and cornstarch in a small saucepan. Whisk together until the cornstarch dissolves. Bring to a boil, then reduce the heat to low and whisk constantly for 2 minutes or until slightly thickened.

**4.** Pour over tofu and garnish with sesame seeds and cilantro.

**Nutritional analysis**

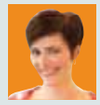
**Per serving: 115 calories, 7 g protein, 15 g carbohydrates, 0.3 g fibre, 3.6 total fat, 434 mg sodium**

**Ingredients**

- 1 12 oz package firm tofu
- 3 tbsp low-sodium soy sauce
- 3 tbsp maple syrup
- 2 tsp cornstarch
- 1 tsp sesame seeds
- 3 tbsp chopped cilantro

**Health Solutions**

## *Become a grill champion*



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You really ought to know the difference between barbecuing and grilling — if only so you can be pompous and pedantic at your next party. The differences involve time and temperature: grilling uses high heat and a quick cook, while barbecuing is low and slow and often with charcoal rather than gas. Most of us are pressed for time and that means we grill.

### Mastering grilling

- Preheat your grill to maximum to heat the grate fully. It doesn't matter what the temperature gauge says, you want your food to hit a red-hot surface so it doesn't stick and it does caramelize quickly.
- Clean, scrape and oil your grill after and before each use. Old food burns and leaves a bitter taste, not to mention potential bacteria.
- Chicken benefits from a quick warm up in the microwave before grilling to ensure that it doesn't dry out before it is cooked through.
- Fish does well on foil or a grill pan that can go straight to the table so you don't leave half of the delicate flesh on the grill.
- Steak does better with a quick marinade or rub, but no salt. Salt draws moisture from the flesh.

When's dinner? **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

## Dinner. Avocado Linguine

NICOLE MACPHERSON
YummyMummyClub.ca

**1.** Prepare linguine according to package directions.

**2.** While linguine is cooking, combine avocado, lemon, garlic, and olive oil in a food processor until smooth.

**3.** Drain cooked linguine and return to pot. Toss linguine with sauce. Serve topped with tomatoes and pine nuts. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

**Ingredients**

- 3 cups cooked linguine
- 1 avocado
- 2 tbsp lemon juice
- 1 clove garlic, crushed
- 2 tsp olive oil
- 3-5 oil-packed sun-dried tomatoes, sliced
- 2 tbsp pine nuts

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# Falafel me this: Why not add some rice to these tasty bites?

**Ingredients**

- 1 cup (250 ml) dried chickpeas
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/4 cup (60 ml) chopped fresh parsley
- 1 tbsp (15 ml) lemon juice
- 2 tsp (10 ml) ground cumin and ground coriander
- 1 1/2 tsp (7 ml) each salt, baking powder and paprika
- 1/4 tsp (1 ml) cayenne pepper
- 1/3 cup (75 ml) chickpea flour or all-purpose flour
- 1 cup (250 ml) cooked and cooled U.S. brown rice
- 1/2 cup (125 ml) vegetable oil (approx)

**Lemon Tahini Sauce**

- 1/2 cup (125 ml) tahini
- 6 tbsp (90 ml) lemon juice
- 1/4 tsp (1 ml) each salt, pepper and ground cumin
- 6 tbsp (90 ml) water

**To Assemble**

- 5 pita breads
- 2 or 3 tomatoes, thinly sliced
- half cucumber, thinly sliced
- 1/3 cup (75 ml) finely diced red onion (optional)

**1.** In large bowl, pour enough cold water over chickpeas to cover by 2 inches (5 cm); let stand for at least 4 hours, or overnight. Drain well.

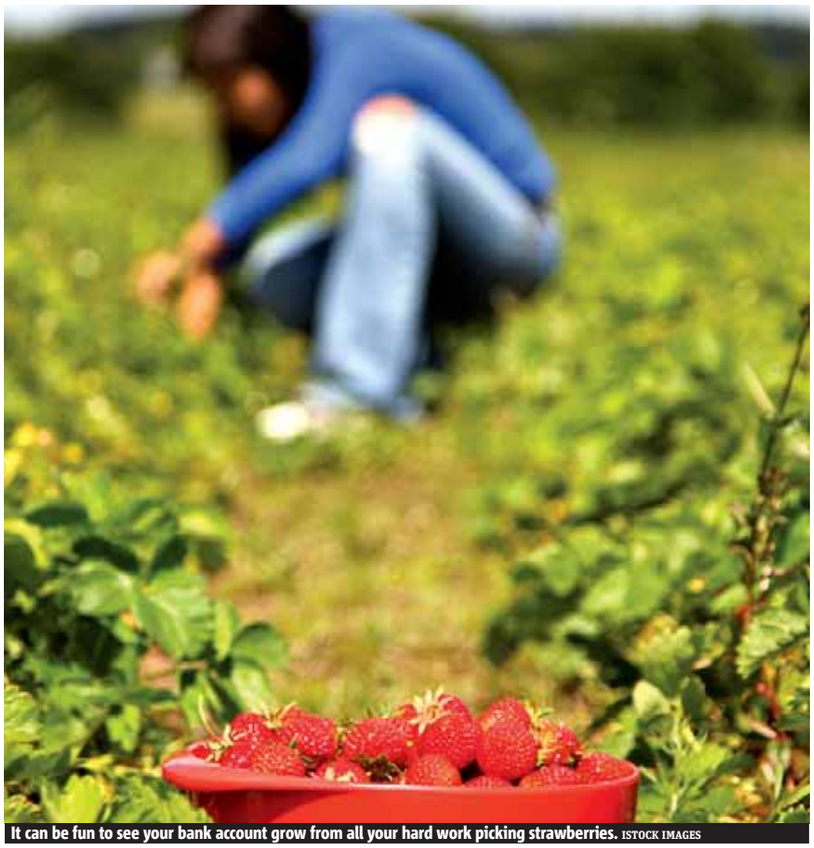
**2.** In food processor, coarsely chop chickpeas, onion, garlic, parsley, lemon juice, cumin, coriander, salt, baking powder, paprika and cayenne, stopping to scrape down sides once or twice. Add flour until blended, about 5 seconds. Add rice, pulsing just until incorporated, with some grains remaining. Let stand for 30 minutes, or cover and refrigerate for up to 12 hours.

**3.** Pour enough oil in heavy-bottomed skillet to come 1/4 inch (5 mm) up side of pan; heat over medium heat. Shape mixture by heaping tablespoonfuls into balls; flatten to 1/2 –inch (1 cm) thickness. In batches, fry falafel patties, turning once, until golden brown and cooked through, about 5 minutes. Transfer to paper towel-lined plate to drain. Transfer to baking tray and keep warm in 200 F (100 C) oven while cooking remaining patties.

This recipe makes 30 pieces. RICEINFO.COM

**4.** Lemon Tahini Sauce: In small bowl, whisk tahini with lemon juice, salt, pepper and cumin until smooth. Whisk in enough water to make pourable sauce.

**5.** Cut each pita in half; open to form pocket. Stuff each with 3 falafel patties, plus some tomatoes and cucumber. Drizzle with lemon tahini sauce; sprinkle with red onion, if using. **RICEINFO.COM**



It can be fun to see your bank account grow from all your hard work picking strawberries. ISTOCK IMAGES

# Ain't no rest for the children, cuz money don't grow on trees

YOUR MONEY
Alison Griffiths
money@metronews.ca

With luck, you have a working kid in the household this summer. An income is a wonderful thing when you're young. Whether it comes from mowing grass for neighbours, walking dogs, babysitting or even a lemonade stand, earned money is different than an allowance bestowed by mom and dad.

What youngsters do with those first job dollars can lay down a lifetime pattern of saving and spending.

Let kids make mistakes, by all means. I blew my first dollars earned picking strawberries on candy to feed a voracious sweet tooth. But soon I realized that saving was quite a pleasurable experience.

Kids usually love to see their money grow in a piggy bank or a real bank. However, parents should also guide their spending. Saving involves not doing something, i.e. spending. On the other hand, spending is all about doing, i.e. buying.

Most people focus on saving as a key first financial lesson. But I find that children respond better, and learn more, by becoming smart spenders. Making the decision to buy this and not that hones a whole different set of skills than simply stashing money.

In fact, smart spending actually leads to saving as children quickly learn that if they want awesome Thunder trucks and an Almost deck for their skateboarding passion, they have to save. The easiest way to teach good spending habits without being heavy-handed is to pose this question: "How do you want to spend your summer money?"

Simply initiating the conversation makes a child feel responsible and, indeed, powerful. This all-important question raises all kinds of possibilities. Often youngsters don't differentiate between what they want now and what they might want later.

Parents can seed their thoughts on spending by bringing the future into focus — summer or winter holidays, a big school trip or a visit to grandparents. All might entail spending — which means saving now.

Instead of divvying up summer money in the classic way of spend, save, share, concentrate on allotting it to spending. Short, medium and long-term saving will flow naturally out of this.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

# Give kids an active (not idle) summer

With another school year in the books, Lyne Proulx is working to help ensure her son's summer down time will be more active than idle.

Proulx, from Ottawa, said her 14-year-old, Mathieu, will be helping at his grandfather's farm as well as exploring potential volunteer activities. Mathieu will likely attend day camp, as he did last summer, where he enjoyed a range of fun-filled activities. But Proulx said it won't dominate his vacation time.

"He's 14. He's not going to want to go all summer," said Proulx, founder and editor of the Ottawa Mommy Club, a moms and kids online magazine. "We do little getaways. Every week there's something planned." Proulx has had support from fellow parents, noting that when the kids were in the nine-to-11 age range, adults who were free on particular weeks would take turns rounding up the youngsters for an activity. For parents of kids who may be too young for a job or are seeking an activity that's an addition or alternative to camp this summer, here are three ways to keep them engaged.

## Take on a project

Summer can be prime time to have kids tackle a new, creative challenge — and one that's a team effort. Bunch Family founder Rebecca Brown, whose website is devoted to arts, news and culture for parents, said she's heard of families who team three or four kids to take on a collective project, which could involve working on coding or creating an art installation. "It provides some structure for kids to spend their summer pursuing things that they're passionate about as a group," said Brown, a mother of two. Parents who may be lacking in technical skills or expertise needn't worry: there are plenty of kid-targeted offerings to help guide youngsters keen to try their hand at computer programming. Scratch is a project of the Lifelong Kindergarten Group at the Massachusetts Institute of Technology (MIT) Media Lab. Provided free, it's designed for kids aged eight to 16, allowing them to program interactive stories, games and animations they can then share online. Meanwhile, the Hopscotch app offers kids an introduction to programming, permitting them to create games and animations.

## Get hooked on books

Got a bookworm in the family? Brown said parents can help create some structure around their child's love of reading by crafting a summer challenge, such as aiming to finish reading a designated number of books during their vacation. Regardless of whether or not kids are avid readers, there are ways to transform this typically solitary activity into an engaging group effort. The B.C.-based Teen Reading Club (TeenRC) lets youngsters convene online to share views on a vast range of books from classic to contemporary fare, post reviews and comments and share creative projects inspired by their favourite reads.

## Lend your time

GetInvolved.ca aims to help simplify the process for youngsters on the hunt for volunteer opportunities by allowing applicants to narrow potential postings based on areas of interest and skill set. According to the site, summer is prime recruitment time for events-based opportunities, and individuals can also pursue virtual volunteering opportunities.

The Nature Conservancy of Canada encourages individuals to share how Canada's natural places inspire them by using creative outlets such as writing or artwork. People of all ages can sign up to be roving reporters, submitting newspaper-style articles, non-fiction stories, photo essays and blog posts highlighting the work of conservation volunteers. "Not everyone can make it out into the field, but we think that encouraging people to have a positive experience related to nature is really a great thing," said Lisa McLaughlin, manager of conservation compliance with the Nature Conservancy of Canada. "This is just one more way for people to be engaged."

THE CANADIAN PRESS

# Getting the return game up to speed

**CFL.** 'When you look at tape, the opportunities are there,' says head coach Mike Benevides

CAM TUCKER
cam.tucker@metronews.ca

It's the gift of speed that has lifted Korey Williams to the echelon of professional football.

But the B.C. Lions kick returner acknowledged something that hindered his natural ability last Thursday against the Toronto Argonauts.

The Lions won the game, improving their record to 1-1 early in the 2013 CFL season, however the blazing fast Williams was held in check.

Williams had only 18 yards on eight punt returns and 37 yards on four kickoff returns.

He readily admitted those struggles were largely due to hesitation, particularly on punt returns.

As opposed to going on instinct, catching the ball and taking off, Williams was catching the ball, taking precious time to look around and weigh his options before charging ahead.

"Looking for what's going on instead of knowing it's there," said Williams on Monday, as the Lions convened for practice at their Surrey facility after having the weekend off.

"With punt returns, it's you catch, go and then read, instead of catch, read and then go."

The Lions signed Williams in May after a free agent workout in Los Angeles.

He left a strong impression throughout training camp, but none bigger than the 105-yard kickoff return for a touchdown against the Calgary Stampeders in the pre-season.

His showing against the Argos, he confessed, was a quick source of frustration.

By the next day, he had moved on. He didn't have much time to dwell on the past.

The Lions face the Edmonton Eskimos on Saturday.

And there is a decision to be made in terms of who gets the kick return responsibilities.

Tim Brown, the West Division nominee for Most Outstanding Special Teams Player in 2012, was scratched from the lineup against Toronto after playing in the season opener against Calgary.

Nick Moore is dealing with an ankle injury at the moment, so it's possible that if he can't play Saturday, the Lions have the option of slotting Williams in as a receiver and using Brown as a returner.

The return game was a point of emphasis, as the Lions resumed practice.

"When you look at tape, the opportunities are there," said head coach Mike Benevides.

"But we've got to get in sync with each other, returners with the blocking, and we've got to make sure everybody's doing the same thing at the same time."

Lions kick returner Korey Williams is working to eliminate hesitation in his return game, following last week's win over the Argonauts. PAUL YATES/B.C. LIONS

**Quoted**

**"With punt returns, it's you catch, go and then read, instead of catch, read and then go."**

Lions kick returner Korey Williams

**NHL**

## Prospects hope to impress at Canucks camp

The Vancouver Canucks on Monday held the second day of their Prospects Camp.

A total of 38 players were invited to camp, including Bo Horvat and Hunter Shinkaruk, the team's two first-round picks in this year's NHL Draft. Brendan Gaunce, the Canucks' first-round pick in last year's draft, is also on the camp roster.

Bo Horvat
GETTY IMAGES FILE

It's believed he could come to training camp and challenge for a roster spot in the bottom six group of forwards for next season. METRO

**MLS**

## Knighton named Player of the Week

Brad Knighton was the best player on the field at BC Place on Saturday, and the goalkeeper was rewarded for it with MLS Player of the Week honours on Monday.

Knighton, the Vancouver Whitecaps goalkeeper, was sensational against the Seattle Sounders FC, making seven saves for the clean sheet, as the local Major League Soccer side blanked its Cascadia Cup rivals 2-0.

For the third time in four weeks, a member of the Whitecaps has been named Player of the Week.

The Whitecaps have won five of their last seven regular-season games. METRO

Chris Weidman, left, and Anderson Silva embrace after Saturday's match in Las Vegas. THE ASSOCIATED PRESS

# White touting Silva-Weidman sequel as UFC's biggest fight ever

A pumped-up Dana White headed to the gym Monday morning and started planning Silva-Weidman 2.

"It will be the biggest fight we've ever done in the UFC," the UFC president told The Canadian Press from Las Vegas.

Biggest because Chris Weidman upset Anderson Silva on Saturday night in Las Vegas. And because of the manner in which the middleweight champion was dethroned.

The 38-year-old Silva, who had won all his of 16 previous UFC fights, clowned his way to a loss. As he had done in other recent bouts, he dropped his hands and egged his opponent to hit him. In the past, his reflexes had kept him out of harm's way. But this time Silva got clocked in the second round and went down. Referee Herb Dean stepped in after Weidman got in a flurry of blows on the champ as he lay on his back.

White called UFC 162 the most-pirated event in the organization's history.

THE CANADIAN PRESS

## Horoscopes

### ♈ Aries
**March 21 - April 20**
What you have to do today will only be a chore if you think of it as a chore. Remember too that although your head may be full of big ideas, it's taking care of the little things that makes a difference.

### ♉ Taurus
**April 21 - May 21**
You may be a bit old-fashioned in some things but in others you are light years ahead of everyone else and what you dream up today could make you a fortune tomorrow.

### ♊ Gemini
**May 22 - June 21**
If you are happy with the direction your life is moving that's great. If, however, you think there is a better route to where you want to go then maybe you should make changes. Think about it today.

### ♋ Cancer
**June 22 - July 23**
The planet Mercury rules reason and common sense but as it is currently moving retrograde through your sign it's quite likely that your thinking is a bit mixed up.

### ♌ Leo
**July 24 - Aug. 23**
Yesterday's new moon gave your confidence a boost but there is still a lot of hard work to be done before your number one dream can come true. Remember you live in the real world, not a dream world.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Over the next few days you will notice an improvement in your affairs, at home and at work. Today though you will have to deal with someone who rubs you the wrong way.

### ♎ Libra
**Sept. 24 - Oct. 23**
Be nice to people today but don't go too far or they may see it as a sign of weakness. On the work front especially, you need to look and sound as if you know what you are doing.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
There is no point getting involved in a fight you are unlikely to win. It's all about percentages: If the odds are stacked against you then why waste time and energy trying to improve them? Move on.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
The planets warn this is not a good day to take chances with money. Mercury's deceptive influence will encourage you to take a risk that could end in disaster. Steer clear.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
What starts out as a simple conversation could quickly degenerate into a severe disagreement, but now you know that you will resist the urge to tell people why they are wrong and you are right.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
You may have checked the facts of a situation already but check them again. Today's Sun-Mercury link makes it easy to overlook something small that is of huge importance.

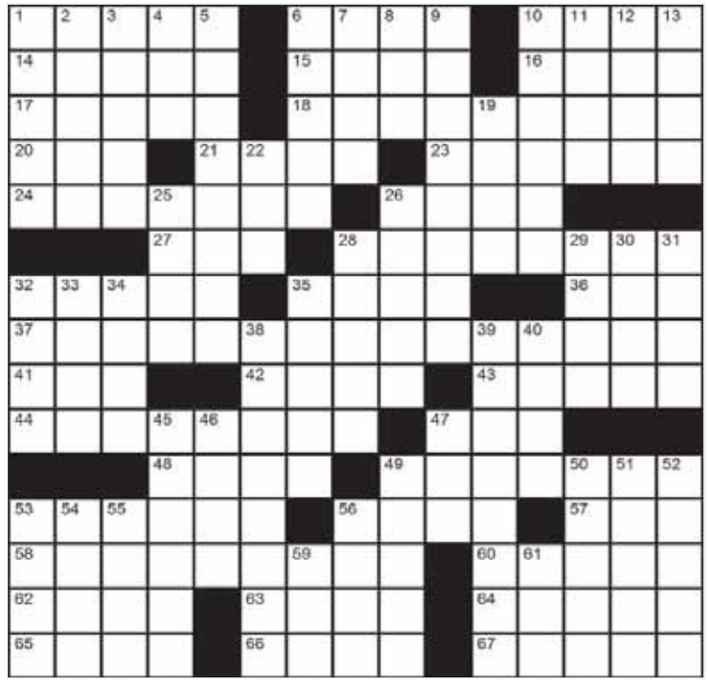
### ♓ Pisces
**Feb. 20 - March 20**
The good news just keeps on coming! What you hear today will cheer you up but if you are smart you will realize it is not quite as amazing as some people claim.

SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

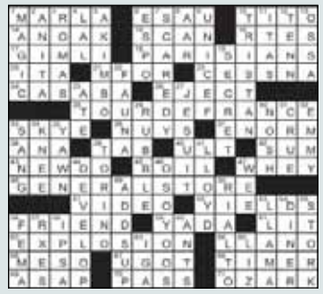
BY KELLY ANN BUCHANAN



**Across**
1. Wedding gown neckline, __-catcher
6. Wagon
10. The Dalai __
14. Exterior
15. Repenter
16. Santa __ (Hot winds)
17. Change __ _ prince (Be the fairy tale frog, do this)
18. Winnipeg Blue Bombers home, __ Group Field
20. Whopper
21. Biblical verb
23. Have _ __ (Show mercy)
24. Military†rank signifiers
26. Our version of the CIA
27. Elton John's title
28. RCMP officers
32. Own up to
35. Luxury label
36. Eggs, Latin-style
37. 'The Godfather of Canadian Hip-Hop': 3 wds.
41. Hockey great Bobby
42. Klutzes
43. Suppress
44. Cowboy hats
47. Merriment
48. Let up
49. Nickname of the Toronto Argonauts
53. Declare
56. Wheat __
57. Whitesnake hit: "Here _ __ Again"
58. Governor General of Canada from 2005 to 2010, __ Jean
60. Rankin __, Nunavut
62. Sister on "Charmed"
63. Origin
64. Spicy sauce
65. __ orders, as on menus
66. Some sandwiches
67. Big name in hotels

**Down**
1. Springs
2. Put the machine to use: 2 wds.
3. Speak
4. __ periculo (At my own risk, in Latin)
5. Actor in Shania Twain's "That Don't Impress Me Much": 2 wds.
6. Illusionist Mr. Angel
7. Uncle's wife
8. Increase, with Up
9. Pirate's hoard
10. Most recent
11. Old World buffalo
12. Dave __ (1965 PGA Championship winner)
13. Legal drama job, __. DA
19. Knee-to-ankle midpoint
22. Poet's 'over'
25. Egyptian goddess
26. Beer brand, __ Light
28. Annoys
29. Des Moines' state
30. Pre-day nights
31. Beauty pageant contestant's accessory
32. Book of __ (Old Testament book)
33. Pub game prop
34. Mother: French
35. Halifax-born singer, Melanie __
38. Alarm clocks on farms
39. BC community called the 'Outdoor Recreation Capital of Canada'
40. Actress, Helen __
45. Small chuckle
46. Cake make, __ Lee
47. Pro
49. Red veggies
50. Ms. Jovovich of movies
51. Discharge
52. __ __ home (Out)
53. Rocker's speakers
54. iPhone's voice-activated helper
55. Gulf War missile
56. Clump
59. Mr. Ferrigno
61. Yea's opposite

### Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | | 8 | | 2 | | 4 | 7 | |
| | 7 | 6 | | | | | | |
| | | | 4 | | | | | 3 |
| 5 | | 4 | 1 | | | | | |
| 8 | | | 6 | | 2 | | | 5 |
| | | | | | 7 | 2 | | 4 |
| 9 | | | | | 4 | | | |
| | | | | | | 3 | 5 | |
| | 6 | 2 | | 5 | | 8 | | 1 |

### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 3 | 7 | 8 | 9 | 6 | 4 | 2 | 5 |
| 2 | 5 | 8 | 1 | 3 | 4 | 7 | 6 | 9 |
| 6 | 4 | 9 | 2 | 5 | 7 | 3 | 8 | 1 |
| 4 | 1 | 5 | 9 | 8 | 3 | 2 | 7 | 6 |
| 3 | 9 | 2 | 7 | 6 | 1 | 5 | 4 | 8 |
| 8 | 7 | 6 | 4 | 2 | 5 | 9 | 1 | 3 |
| 9 | 8 | 1 | 5 | 4 | 2 | 6 | 3 | 7 |
| 5 | 6 | 4 | 3 | 7 | 8 | 1 | 9 | 2 |
| 7 | 2 | 3 | 6 | 1 | 9 | 8 | 5 | 4 |

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23°/14°
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Wednesday
22°/14°
Variable

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Check the 14 day trend.
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**$0 down**

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